



News from the Nest

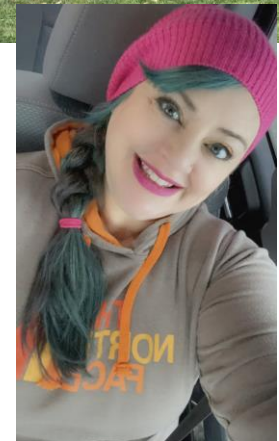
Feb. 7–11 – For Parents



Spotlight on Learning: O2 (Oxygen) Anyone?

What is O2? Well besides the element for Oxygen, it is the name of our support program. It has a nicer ring to it than “intensive behaviour program”. We focus on supporting youth whose home and personal circumstances may be overwhelming, or causing issues with their academics, their abilities to self-regulate, and finding success at W.J. Mouat.

Our youth have a safe place they can vent, find a meal, and make a healthy connection within our Mouat community. We can connect and discover what is working, what types of obstacles are present, and what kinds of supports are needed. Through our ongoing communication with outside agencies, we can facilitate appointments and goals for our students, to ease some of the stress they may be under. This often helps to address problematic behaviours.



And then they said THANKS

As the end of Semester 1 ended, many of our teachers took the opportunity to wrap up learning and thank their students for engaging in the journey. On the flip said, many students wrote notes of thanks, and in their own way said thanks for making an impression, making it fun, making it engage, making learning real, and adventurous - we thought to share a couple of those “thank you” moments.

Thank you Mr Newton the journey



Thank you Manpreet from one of our Aspire students’ for being a difference maker (kids notice!)



Congrats to Our Indigenous Role Models

We are pleased to announce the 2022 Indigenous Role Models. A big thank you to the many, many individual educators who have supported these students in their goals and dreams.

Alexander Lambert

I am a Metis grade 12 student attending W.J. Mouat Secondary. Throughout my youth, I haven't had as many opportunities to connect with my culture as I'd like. Despite this, I have taken the chances I've been given. Throughout elementary to high school, I've always attended the 'Aboriginal' classes. This would give me the chance to connect with my peers and learn more about my culture. Being both a member and leader of my school's Indigenous leadership team, I take on several responsibilities. Whether I'm behind the screen or in the spotlight, I actively raise awareness and inform my community. Doing this has led me to grow as an individual and explore my roots. My plan after high school is to attend UBC's faculty of science. This would allow me to pursue my passion in both learning and computer science. My dream is to become a software engineer. High school has been the best time of my life. I've faced numerous challenges, pushed myself to previously unthinkable extents and as result, grown exponentially.

Blaise Morin

As a grade 12 Metis student at W.J. Mouat Secondary, I am currently part of Thrive Leadership and the Indigenous community in my school. I drum occasionally, sometimes for school assemblies or other events. I was gifted a special drum and I enjoy giving back to my community like volunteering at the Aboriginal Friendship Centre with my grandma. Thrive Leadership gives me the opportunity to both learn more about mine and other cultures, but also teach others what I have learned myself. After high school I plan to take a First Aid course and then move onto a Security course through the Justice Institute of BC to eventually secure my Security Licence. I was part of the Land Acknowledgement Committee last year in which we discussed the importance of the Land Acknowledgements.

Your WJ Mouat Admin Team

**Congratulations
2022 Indigenous
Role Models!**

Mamele'awt Indigenous Education Department and the Abbotsford School District honour the following students for their cultural pride, leadership skills, personal goals and contributions and service to their school and communities.

Indigenous Education ABBOTSFORD SCHOOL DISTRICT

Madison Vanhove – Abbotsford Senior Secondary
 Janae Delorme – Abbotsford Senior Secondary
 Avery Federspiel – Rick Hansen Secondary
 Adam Pallick – Robert Bateman Secondary
 Alexander Lambert – W.J. Mouat Secondary
 Blaise Morin – W. J. Mouat Secondary
 Paige Collins - Yale Secondary
 Rodney Legare – Yale Secondary

Integrity traits

HAVING INTEGRITY MEANS YOU:

Express gratitude when other people help you

Value honesty and openness

Are responsible and accountable for your actions, good and bad

Respect yourself and others around you no matter where you are

Are reliable and trustworthy

Help those in need without sacrificing your own health

Are patient and flexible, even when unexpected obstacles show up

Our Character Word of the Month is INTEGRITY

Q: How do you practice Integrity?

- You practice integrity by thinking about the virtues that matter to you and doing your best to live by them. When you make a mistake, you clean it up. You don't follow the crowd. You think for yourself. You don't say one thing and do another.

You do the right thing even when no one is watching. Even when it is hard to do the right thing, you stand strong.

Join Us: Moosehide Campaign

Tānisi

Please join us on Thursday February 10, 2022, in showing support of the Moose Hide Campaign.

Thrive leadership will be hosting a Moose Hide Campaign Kiosk on February 10th, 2022 **in the cafeteria** where you can get some candy, information, a moose hide pin and take the pledge to end violence against women and children. Wearing the moose hide pin is your commitment to honour, respect and protect the women and children in your life, work to end gender-based violence and act towards reconciliation with Indigenous peoples.

We hope to see you all on wearing your pin on Feb 10th!

Friday, Feb. 11 SLO Schedule

SLO Schedule February 11, 2022

Warning Bell		
SLO	8:10-9:30	80 min
Transition	9:30-9:36	6 min
Period 1	9:36-10:16	40 min
Transition	10:16-10:24	8 mins
Period 2	10:24-11:04	40 min
Transition	11:04-11:12	8 min
Period 3	11:12-1:37	35 mins lunch for each grade; 42 for Gr 12 (w/ transition) reduced capacity to 25% 110 minutes of instruction grade 9, 10, 11 109 minutes instruction grade 12
Transition	1:37 to 1:45	8 mins
Period 4	1:45 to 2:26	41 mins

Your WJ Mouat Admin Team

Moose Hide Campaign Day
February 10th 2022

TAKE ACTION. HELP END VIOLENCE AGAINST WOMEN AND CHILDREN.

Join us online on February 10th 2022 to support reconciliation and help end violence against all women and children.

On Moose Hide Campaign Day, hear from inspiring speakers and workshop facilitators, take part in ceremony and the #FastToEndViolence. Wear and share the moose hide pin and organize events in your organization, university, school or community.

Join us and register early at moosehidecampaign.ca

Register here

Email: info@moosehidecampaign.ca Address: 209-1100 Admirals Rd, Victoria, BC, V9A 2P6
Phone: +1 (250) 862 7018

Coming Up Next Week

All Month:

- ✓ Black History Month
- ✓ UFV Student Teachers in the Building

Monday, February 7

- ABCD

Tuesday, February 8

- CDAB
- Sr. Boys Bball vs Yale
 - No Spectators

Wednesday, February 9

- BADC

Thursday, February 10

- DCBA
- Report Card Distribution
 - End of Day Homeroom

Friday, February 11

- SLO – ABCD

Mouat PAC Fundraisers



Drop off your empties to any Return-It Express location.

No sorting or lineups!

**Account Number:
956-682-8722
WJMOUATPAC**

*Bag labels can be picked up from the school office or printed at R&T Depot:
Unit 23, 31550 South Fraser Way*

**Shop at Cobs on Gladwin Road
Mention you're Raising
Dough for WJ Mouat.**

**5% of your purchase will be
donated back to Mouat PAC!**



*Located at Gladwin Crossing
Unit 111, 2777 Gladwin Road*